FODMAP Reintroduction Chart

getfodmap.app

One FODMAP group at a time, in any order. Three days in a row, a bigger portion each day. Wait until you feel back to normal before the next group.

How did your gut feel? 0 fine, 1 mild, 2 moderate, 3 bad, 4 severe

Fructose

Test food: honey

DAY 1	DAY 2	DAY 3
Small	Medium	Full

☐ Tolerated ☐ Borderline ☐ Sensitive

Lactose

Test food: milk

DAY 1	DAY 2	DAY 3
Small	Medium	Full

☐ Tolerated ☐ Borderline ☐ Sensitive

Sorbitol

Test food: blackberries

DAY 1	DAY 2	DAY 3
Small	Medium	Full

☐ Tolerated ☐ Borderline ☐ Sensitive

Mannitol

Test food: mushrooms

DAY 1	DAY 2	DAY 3
Small	Medium	Full

☐ Tolerated ☐ Borderline ☐ Sensitive

Fructans

Test food: wheat bread

DAY 1	DAY 2	DAY 3
Small	Medium	Full

☐ Tolerated ☐ Borderline ☐ Sensitive

GOS

Test food: chickpeas

DAY 1	DAY 2	DAY 3
Small	Medium	Full

☐ Tolerated ☐ Borderline ☐ Sensitive

A sensitive result is not forever: test that group again in a few months. Reintroduction is best done with a GI dietitian. This chart is a record sheet, not medical advice.